

Abstract

A football kicking training aid comprises a modified football having an attached
5 patch on one or both ends, with Velcro.RTM. loop elements therein. The
football is supported in place, for kicking by another player, by a user wearing a
thimble or glove having Velcro.RTM. hook elements only at a fingerpad area
thereof. The restriction of the Velcro.RTM. elements to the football patch and
the fingerpad area of the glove or thimble urges the user to support the football
10 only at the patch, and to continue supporting the football until the kicking action
has been completed.